

# 6 DAY SPLIT FOR STRENGTH AND HYPERTROPHY

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Check out [article](#) for more info

## Program Summary

Routine Type	Split
Program Duration	12 Weeks
Routine Goal	Strength And Hypertrophy
Training Level	Intermediate
Duration Per Session	60-90 Minutes
Frequency	6 Days per Week
Target Gender	Male and Female
Suitable Age Group	18-35 Years
Preceding Plan	<a href="#">Push Pull Legs 5 Day Split</a>
Plan to Follow Next	<a href="#">7 Day Gym Workout Plan</a>

**I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.**

## How Do You Train in Push/Pull/Legs (PPL) Split?

The push/pull/leg routine is divided into three parts – push day, pull, and leg day.

Push workout includes training of chest, shoulder, and triceps muscle groups. Bench presses, overhead presses, dips, [floor presses](#), and push-ups are some examples of push exercises.

Pull workout includes training of the back, biceps, wrist, and forearm muscles.

Pull-ups, lat pulldown, barbell bent over, cable rowing, barbell curl, chin-ups, and [wrist curl](#) are some examples of pull exercises.

Leg day includes the training of the quadriceps, hamstrings, calves, and glutes.

Squats, leg presses, leg extensions, hamstring curls, calf raises, hip thrusts, and glute bridges are some of the best exercises for leg day training.

Usually, the push workout is done on day 1, the pull workout on day 2, and the leg workout on day 3. And you can also train your core on your leg day.

## Routine

- **Monday** – Push Workout
- **Tuesday** – Pull Workout
- **Wednesday** – Legs and Core
- **Thursday** – Push Workout
- **Friday** – Pull Workout
- **Saturday** – Legs and Core
- **Sunday** – OFF

You'll train for strength during the first three days and for muscle mass (hypertrophy) in the last three sessions.

The rep ranges will be 6-8 for strength building and 8-16 for muscle building.

Increase 10-15% of load after every set.

It's best to perform 5-10 minutes of warm-up before you start lifting heavy. You can run on treadmill, perform [bodyweight cardio exercises](#), or lift light weights to increase your heart and get your muscles ready.

## Day 1 – Push Workout (for Strength)

Push Exercises	Targeted Muscles	Reps	Rest
<a href="#">Flat Bench Press</a>	Chest	8, 8, 6, 6	2-3 min
<a href="#">Incline DB Press</a>	Chest	8, 8, 6, 6	2-3 min
<a href="#">Military Press</a>	Shoulder	8, 8, 6, 6	2-3 min
<a href="#">Parallel Bar Dips</a>	Triceps	8-12 x 3	2-3 min
<a href="#">Triceps Pushdown</a>	Triceps	8-12 x 3	1-3 min

## Day 2 – Pull Workout (for Strength)

Pull Exercises	Targeted Muscles	Reps	Rest
<a href="#">Deadlift</a>	Back, Lower Body	7, 6, 5, 4	2-3 min
Pullups	Back, Biceps	6-12 x 3	1-2 min
<a href="#">Lat Pulldown</a>	Back	8, 8, 6, 6	2-3 min

<a href="#">Seated Machine Row</a>	Back	8, 8, 6, 6	2-3 min
<a href="#">Barbell Curl</a>	Biceps	10, 8, 6	1-3 min
Face Pull	Back, Rear Delt	10, 8, 6	1-3 min

## Day 3 – Leg and Core Workout (for Strength)

Exercises	Targeted Muscles	Reps	Rest
<a href="#">Back Squat</a>	Quadriceps	8, 8, 6, 6	3-4 min
Leg Press	Quadriceps	8, 8, 6, 6	2-3 min
<a href="#">Smith Machine Lunges</a>	Lower Body	8 x 2/side	2-3 min
<a href="#">Dumbbell RDL</a>	Hamstring, Glutes	8, 6, 4	2-3 min
<a href="#">Hip Thrust</a>	Posterior Chain	8 x 3	2-3 min
Hanging Knee Raise	Core	10 x 2	30-sec
<a href="#">H2L Cable Chop</a>	Core	10 x 2	30-sec
<a href="#">Forearm plank</a>	Core	1-min x 2	30-sec

## Day 4 – Push Workout (for Hypertrophy)

### 1. Incline Barbell Bench Press

- Muscle worked: Chest
- Reps: 15, 12, 10
- Rest: 1-3 minutes

### 2. Flat Dumbbell Press

- Muscle worked: Upper Chest
- Reps: 15, 12, 10
- Rest: 1-3 minutes

### 3. [Pec Deck Fly](#)

- Muscle worked: Chest
- Reps: 15, 12, 10
- Rest: 2 minutes

### 4. Dumbbell Arnold Press

- Muscle build: Shoulders
- Reps: 15, 12, 10
- Rest: 2 minutes

### 5. Dumbbell Lateral Raises

- Muscle build: Anterior Deltoid
- Reps: 15, 12, 10, 10
- Rest: 2 minutes

### 6. [One-arm Overhead Triceps Extension](#)

- Muscle build: Triceps

- Reps: 10 x 2/side
- Rest: 2 minutes

### **7. Rope Pushdown**

- Muscle build: Triceps
- Reps: 15, 12, 10
- Rest: 2 minutes

## **Day 5 – Pull Workout (for Hypertrophy)**

### **Pull-ups**

Muscle worked: Back

Reps: As many reps as possible x 3

Rest: 1-2 minutes

### **Lat Pulldown**

Muscle worked: Back

Reps: 16, 14, 12

Rest: 2-3 minutes

### **Lat Pullover**

Muscle worked: Back

Reps: 12, 10, 10

Rest: 2 minutes

### **Bent-over Row**

Muscle build: Rear Delt and Traps

Reps: 12, 10, 10

Rest: 2 minutes

### **One-arm Dumbbell Row**

Muscle Build: Rear Delt and Traps

Reps: 12 x 2/side

Rest: 2 minutes

### Incline Dumbbell Curl

Targeted muscle: Shoulder and Upper Trap

Reps: 12 x 2/side

Rest: 2 minutes

### Dumbbell Hammer Curl

Muscle build: Biceps

Reps: 15 x 3

Rest: 2 minutes

### Barbell Wrist Extension (Optional)

Muscle build: Biceps

Reps: 15 x 3

Rest: 1-2 minutes

## Day 6 – Leg and Core (for Hypertrophy)

### **Barbell Jammers**

Muscle Build: Lower body

Reps: 10 x 4

Rest: 2-3 minutes

### **Hack Squat**

Muscle worked: Quadriceps

Reps: 15 x 4

Rest: 2-3 minutes

### **Leg Curl**

Muscle worked: Hamstrings

Reps: 15 x 4

Rest: 2 minutes

## **Bulgarian Split Squat/[Step-up](#)**

Muscle Build: Quads, Glutes, and Hamstrings

Reps: 12, 10, 10

Rest: 2 minutes

## **[15-min Triset Core Workout](#)**

Targeted muscles: Abs and Oblique

# **Instructions to Follow the Workout Plan Effectively**

## **1. Pre-Workout Meal and Mood**

The foundation of a good workout session begins a couple of hours before you hit the gym. For example, what you've consumed before the training and how active you are matter a lot.

For a good training session,

- You must feel fresh and active.
- You should have had your meal 30 minutes to 2 hours before the training, depending on what kind of food you had.

## **2. Get yourself ready physically and mentally**

Once you hit the gym, get yourself dressed in gym attire and check what exercises you'll be doing. Then close your eyes for a moment and imagine you're performing those exercises. It will keep your mind on the training throughout the session.

## **3. Warming up your body**

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, or bicycling, for 5 minutes to get ready.

#### 4. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

#### 5. post-workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness. <sup>4</sup>

#### 6. Post-workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good food and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

#### 7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

#### Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Optimum Nutrition Amino Energy</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>

<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Body Fortress Whey Protein Powder</a>
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## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations For Solid Legs and Glutes](#)
- [Barbell Workouts For Mass Gain](#)

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